

God knows everything — even the seemingly insignificant details about your everyday situations. Even better, God's plan includes you every moment. Though you may already know God is with you, you may not be fully trusting in God's power to help you through each day.

Here are faith-filled prayers to help you "keep in touch" with the knowledge of Christ's presence. From morning and evening prayers, to prayers about suffering and forgiveness, Dennis Ference will help you learn how to turn to God anytime, any day.

"In God's hands," you will discover a pathway to the one who makes all things new.



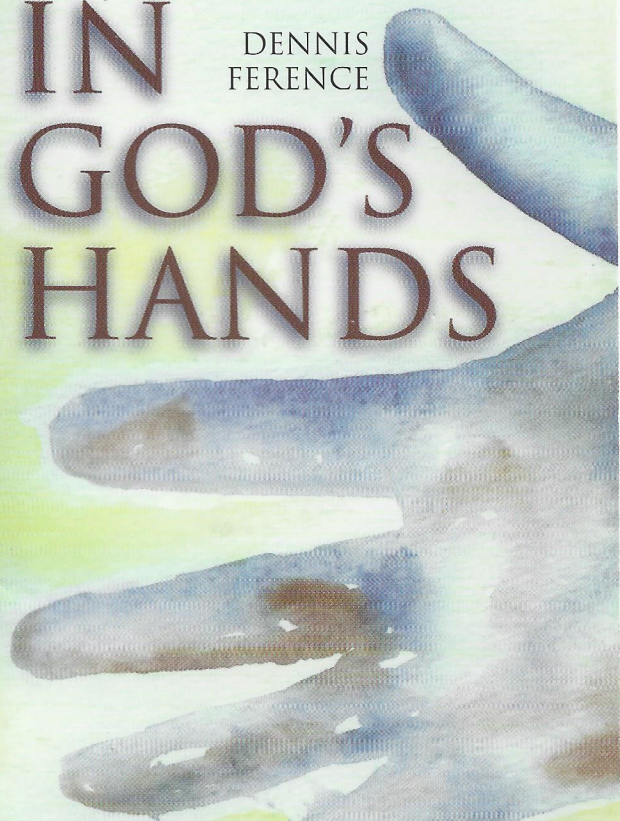
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# IN GOD'S HANDS

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*Daily Prayers for Shut-Ins and Residents  
of Nursing Homes and Hospices*

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Daily Prayers for  
Shut-Ins and Residents of  
Nursing Homes and Hospices

*Dennis Ference*



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## **In God's Hands**

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Nursing Homes and Hospices

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### **Morning Prayer**

God, in Your goodness and love  
You have given me the blessing of  
another sunrise. I praise and thank  
You for this opportunity to know  
You, to love You, and to serve You.

You have promised to be with me through all my joys and my sorrows, my victories and my trials. Help me to be grateful for Your blessings and to turn to You in my needs.

Teach me to listen for Your voice and to see Your face in the events and the people I will encounter this day. Let me feel Your presence in the darkness and in the light. Above all else, let “Thy will be done” be ever on my lips.

Lord, keep me from selfishness and self-pity. Keep me aware of the needs, the pains, and the sorrows of those around me.

Grant that, in whatever way I am able, I may be Your instrument of love for others—through a kind

word, a generous deed, or a patient, listening ear.

In humble obedience to You, I consecrate myself and this day to Your will and to Your service.



## Evening Prayer

God, another day is soon to end. I have known so many days in my lifetime. Some have ended in happiness, others in sorrow or pain. But in all, I have remained a part of the awesome mystery of life. In all, I have remained the precious child of Your heart.

You have assured me of Your love, care, and mercy. And so I place this past day, along with my



entire life, into Your hands as an offering to You. With it goes my trust in Your forgiveness and my confidence in Your grace.

Bless all who live with me and all who are my caregivers. May this dwelling place come to truly reflect Your kindness and compassion.

Bless my family and friends. May the bonds that unite us deepen and mature.

Bless the needy of this world. May their tears wash away the selfishness of people everywhere.

And finally, O God, help me to find rest this night in knowing that there is no place I can hide from Your love.



## **In Thanksgiving**

Dear God, I spend a lot of time these days with my memories. Sometimes I almost feel like a child again as I relive past moments. Sometimes I smile. Sometimes I complain. Often I forget all about You.

I forget to thank You for Your many gifts, including the gift of life itself. I forget to thank You for helping me through the hard times, for challenging me to grow and to be a more giving and loving person. I forget to thank You for Your word, for Your grace, and most of all, for Your Son, Jesus.

Knowing that I have far too often taken You and Your love for granted,

I now take a moment to let the awareness of Your goodness flood my mind and heart. With joy and humility, I am moved to pronounce my profound "Thank you."



### **Through Loneliness**

Dear God, I am so lonely today. I am so aware of all the family and friends who are no longer an active part of my day-to-day life. There's an emptiness and an ache inside that I never knew could be so painful.

Part of me wants to run from the pain. But I sense that I cannot run from what, after all, is a part of life.

Your Son, Jesus, also knew loneliness. He knew the loneliness of being misunderstood, the loneliness of having nowhere to lay his head. He even knew the loneliness of feeling abandoned by all, including You, his heavenly Father.

Let this deep ache within me not lead me to isolate myself, in self-pity, from those around me. But let it stir up in me compassion for others who also know the same pain. Help me to reach out to them through the darkness to form new bonds of caring and relating. Help me, God, to continue to trust my instincts for loving and giving.



## **When Worrying**

Dear God, everyone tells me not to worry, but it seems impossible for me to stop. Concerns and fears just seem to rush in whenever I'm still and quiet. My mind races on with "What if?" or "What's going to happen?" Even my body registers my anxiety. I feel a tightness in my stomach and sometimes in my chest, and I just can't seem to keep still.

God, I'm so tired of all this worry. It keeps me so wound up and fearful. I suppose it's a sign of my desire to control my world and everything that happens to me. I am slow in learning that there is so little that I can control. I am slow in

learning that it is You, after all, who are in control. I am slow in learning that, because You love me so much, it is OK to let go of my worries and simply surrender my life to You, trusting in the wisdom of Your ways.

Fill me with Your peace and help me to understand that I do not walk this journey alone. You are with me to guide me, to inspire me, to sustain me, and even to carry me. I believe this. Lord, help my unbelief.



## **In Suffering**

O God, deep within my being I feel the weight of my suffering. It oppresses me. At times it seems to

overwhelm me. It is hard to be patient and loving when pain of mind and body has made me its prisoner.

The question “Why?” seems to come so readily to my lips. At times I even feel that You have abandoned me.

Help me, Lord, to remember that it is right and good for me to lay out my feelings before You in all their nakedness. A loving relationship is an honest relationship.

Let me not forget that You are the source of my strength and courage, that I need not fight the battle on my own.

Help me to understand that the mystery of suffering is woven into the very fabric of life and does not

come to me as punishment from an angry God.

Assist me to move in my questioning about suffering from “Why me?” to “What can I make from this?” so that I may be led to greater patience, wisdom, and compassion.

And finally, I offer my suffering and my entire life to You, O God. I ask that You unite my life and suffering with those of Jesus, for my salvation and that of the entire world.



### **For Healing**

O God, as I look around me this day, I see much pain and suffering. People in need of healing—that's

what we all are in this life. We yearn for the healing of our bodies, minds, hearts, memories, and relationships. I too long for such healing.

And so, in all of my brokenness, I come to stand before the awesome mystery of Your compassion and love.

I know that I will never regain my youthful health. I know that I cannot escape the weakening of my body that will eventually result in death. I know that the cross is a part of each person's life. And yet, I humbly and confidently dare to ask for Your healing, knowing that You have created me for wholeness.

I am tempted to tell You what to do and how and when to do it. I am

tempted to think of healing only in terms of a trouble-free and pain-free body. But it is You who knows best how to diagnose my brokenness and how to heal it. As a good physician You know what must be done first. You also know when one part must be sacrificed for the good of the whole.

God, with utmost confidence, I place my life in Your hands. I ask you to heal me according to Your will. May it be for Your greater honor and glory.



### **For Forgiveness**

Merciful God, as I think over the journey of my life from early child-

hood to the past twenty-four hours, I become aware of how often I have missed the mark—how often I have chosen selfishness over love, the easy way over the cross, excuses over truth, and bitterness over forgiveness.

And now, stripped of so much that I thought I could not live without, I turn to You in nakedness and humility. Grant me the grace to stand before You as I am, without the need to exaggerate my wisdom, soften my faults, or excuse my self-centeredness.

Through Jesus You have revealed Yourself as the loving Father who eagerly awaits the return of his errant and rebellious children. And so, I reflect this day on the particu-

lar ways I have failed to love You and my brothers and sisters in Christ. I do so now, humbly acknowledging my sinfulness and trusting in Your merciful love and forgiveness.



### **For Help to Forgive**

God, Your Son Jesus taught us to pray, “Forgive us our trespasses as we forgive those who trespass against us.” In so doing he taught us how closely our own well-being is connected to how we extend forgiveness to others.

Lord, sometimes I find it very hard to forgive. Sometimes I can carry my anger and bitterness

around with me for years at a time. Sometimes I just refuse to let go of hurt, self-righteousness, or self-pity. Sometimes I even refuse to forgive myself.

Forgiveness brings healing, yet sometimes I choose to keep the wounds open and bleeding.

I need Your help to forgive. Walk back with me now along the path of my memories. Revisit with me all the hurts in my life that have gone unforgiven and have continued to gnaw at me. Hold my hand as I face the people and circumstances of hurt once again. Help me not to add to the pain of the world by my refusal to forgive but to bring it closer to peace by my desire for reconciliation. Help me to make

the forgiving words of the Our Father truly my own.



### **For a Good Death**

God, my Creator, You have so generously blessed me with the mystery and miracle of life. The wonder of it all fills me with a deep sense of praise and thanksgiving.

But during my years I have witnessed over and over again how death and life seem to be inseparable partners in this, our earthly dance. The seed dies so that the flower will bloom. The caterpillar dies so that the butterfly will soar. And so, too, I must die to live fully with You for all eternity.



As I think about my own death, I bow before the wisdom of Your ways. I have fears—fears that naturally arise from the prospect of loss and from a sense of wonder at the mystery of the unknown. I pray for Your help to calm those fears.

Help me to see my death as a part of the total gift of my journey on earth. Help me to see it as a door through which I must pass to be free and united with You for all eternity.

Finally, give me the grace to enter the work of my death united with the suffering and dying Jesus. Bless me with a spirit of trust and acceptance of Your holy will.



## **For the Needs of Self and Others**

Almighty God, You have made it known that You want us to turn to You in our own need and to commend each other to Your care and protection. In so doing we increase our awareness of our dependence on You, and we feed the growth of our compassion for others.

In a general way, I commend to You myself, my family and friends, my caregivers, those who work to spread Your word, government leaders, and all those in need.

I also place before You the following special intentions: (Name your special intentions).

For all these I pray, *Lord, hear my prayer.*

Generous God, accept these needs which I have offered here today. And accept all the unspoken needs of human hearts everywhere. Hear them and answer them according to Your divine will and generous heart. Thank you, God.

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